



Tools For Action

A sample of physical education initiatives in Wisconsin

Jump Rope for Heart & Hoops for Heart

Contact Information

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MPS
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Program Information

Program Name
Jump Rope for Heart & Hoops for Heart
Program Category
All school PE events or activities
Grade Level
3-5; 6-8
Assessment Method
Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Materials are provided by the American Heart Association.

Program Description:

In an effort to get students to be active and to "give back" to their community, students were asked to participate in Jump Rope for Heart or Hoops for Heart. Students increased their activity levels and helped a great organization which in turn helps our school.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

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